

**DOWN HOME**

# Embracing the warm heart of SA

A celebration of what makes this country great

By STEVIE GODSON

**Awesome South Africa**  
By Derryn Campbell  
(Awesome South Africa)

**T**HIS book should come with a huge warning sticker. But it doesn't, so I'll warn you myself: If you know any expat who's the slightest bit homesick do not, under any circumstances, give them a copy - it's guaranteed to tip them right over the edge. It's a riot of fun, fantasy and facts about South Africa, all put together in a format that's as brash and loud as a vuvuzela and as colourful as a stadium full of soccer supporters. The book has its roots in a vision Derryn Campbell had a few years ago when she ditched a successful corporate management career to co-found the website Awesome SA

(www.awesome.co.za).

The dream was to start a movement that would encourage South Africans to accentuate the positive, eliminate the negative and embrace the real spirit of *ubuntu*. It was a dream whose time had come.

Sick and tired of the pessimism pervading the country, many individuals - and even some corporates - heard the call and pretty soon Awesome SA was about much more than telling happy tales. Today it also facilitates practical projects that help improve the lives of people in the poorest communities.

*Awesome South Africa*, the book, is more of a light-hearted celebration of the country - from the sublime to the ridiculous. Full of pics and zany graphics, it also contains a wealth of real but random information, from history, language and culture, to sport, heritage and southern skies. You

can get a taste of the wisdom of Madiba and take a quick trip through the Constitution.

Under the heading *Lost & Found*, you'll find the quagga, the ancient city of Mapungubwe in Limpopo, *strandlopers* and the coelacanth.

Then there's those "only in South Africa" moments, like the picture spread showing why you don't need a truck if you've got a shopping trolley, and examples of "the funnier side of that four-letter word 'race'".

Find out what South Africans invented - from the colinductor, to Van der Bijl's pioneering vacuum tube, which was used for the first transcontinental radio broadcasts in the US.

The best *pap en wors* recipe? That's here, too, along with silly signs and street chow.

It's a compendium of trivia in a positively awesome package. As bestselling *Spud* author John van de Ruit writes at the start of the book: "South Africa is awesome because it is a land that takes enormous pleasure in painting itself ... as one clumsy stumble from the abyss ... South Africans simultane-

ously suffer from an acute inferiority complex, and a slightly bewildering sense of self-importance. A land of complication and contradiction, as rich as a *potjiekos*, as fragrant as *braai* smoke ... In short, if you think you have this country figured out, you're clearly either insane or a foreigner (or both)." Open a copy of *Awesome South Africa* and, unless you're that insane (foreigner?), you still won't figure it out - but you'll have a helluva lot of fun trying.



TAKE AWAY TIME: Street food takes many forms and caters to many different palates in South Africa.



FUN FORMAT: From fantasy to facts, *Awesome South Africa* presents it all in one zany, colourful package.

## Walsh shows his darker side in poor remake



**THE STEPFATHER**  
Starring: Dylan Walsh, Sela Ward, Penn Badgley, Amber Heard  
Directed by: Nelson McCormick  
(Nu Metro)

**P**ERHAPS the biggest novelty of this updated remake of Joseph Ruben's original is Dylan Walsh as *The Stepfather*.

The man of *Nip/Tuck* fame steps up to the plate and delivers a dashing performance, and in most ways he surpasses Terry O'Quinn's character in the original.

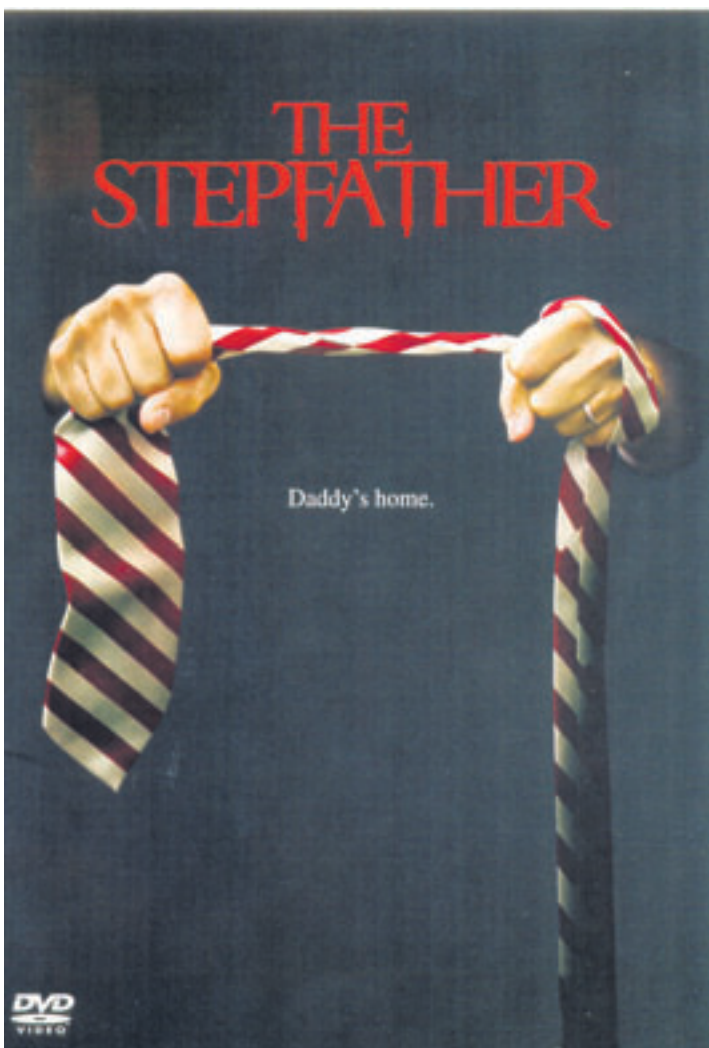
But that's where the brilliance ends. Most of the film mimics the original with cell-phones and iPods added in.

The film opens with David Harris, played by Walsh, starting his normal morning routine.

After a cup of coffee he heads out the door with his bags and leaves the bodies of his former family scattered around the house.

Enter bad boy Michael Harding, played by Penn Badgley (*Gossip Girl*), who has just returned from military school only to find there is a new man in the house.

Suspicious at first, then let-



ting it go and picking up the prickly feelings again, Harding sets out to find out who his soon-to-be stepfather really is.

Harding's family members ignore his many protests and he quickly turns to his girl friend, Kelly (Amber Heard).

Once the stage is set, the film is a race against time to see if

the family discovers what Walsh's deadly secret is before he cancels its newspaper subscription.

If you have seen the original you might want to give this remake a skip, but fans of Walsh might find it entertaining to see a darker side to the *Nip/Tuck* star. — Michael Kimberley

## Passionfruit and lemon slice tempts taste buds



TASTY TREAT: A passionfruit and lemon slice is a delicious tea-time accompaniment.

Serves: 18  
Time: 40 minutes baking

**Ingredients:**  
125g unsalted butter, softened  
60g icing sugar, sifted  
5ml vanilla essence  
185g cake flour, sifted  
5ml finely grated lemon zest

**Filling:**  
100g cake flour, sifted  
5ml baking powder  
65g desiccated coconut  
3 eggs  
230g castor sugar  
170g tin passionfruit pulp  
30ml lemon juice  
5ml finely grated lemon zest

**Method:**  
1. Preheat the oven to 180°C.



Lightly grease an 18x28cm baking tin and line the base with baking paper, extending the paper over the long sides for easy removal later.

2. Cream the butter, sugar and vanilla essence in a medium bowl using an electric beater until pale and fluffy. Fold in the flour and the lemon zest with a

large metal spoon. Press into the prepared tin and bake for 15 to 20 minutes, or until lightly golden.

3. For the filling, sift the flour and the baking powder into a medium bowl, add the coconut and mix to combine. Lightly beat the eggs and the sugar in a separate bowl, then add the passionfruit pulp, lemon juice and zest. Add the dry ingredients and mix well. Pour over the base and bake for 20 minutes, or until firm to touch. Cool in the tin. Cut into pieces and serve. — *This recipe is from Avocado magazine, a sister publication of Daily Dispatch. To subscribe, phone 0860 123 300 or e-mail subscriptions@avocado.co.za*

## Power boots can charge cellphone

By JIM DRURY

**M**ODERN festival-goers who dread ending up with a dead cellphone battery after days stuck in a muddy field with no electric plug power points may now have a solution - power boots.

Mobile phone company European Telco Orange has introduced a phone charging prototype - a set of thermoelectric gumboots or Wellington boots with a "power generating sole" that converts heat from the wearer's feet into electrical power to

charge battery-powered hand-helds.

The boot was designed by Dave Pain, managing director at GotWind, a renewable energy company.

Pain said the boot uses the Seebeck effect, named after physicist Thomas Johann Seebeck, in which a circuit made of two dissimilar metals conducts electricity if the two places where they connect are held at different temperatures.

"In the sole of the Wellington boot there's a thermocouple and if you apply heat to one side of the thermocouple

and cold to the other side it generates an electrical charge," Pain said.

"That electrical charge we then pass through to a battery which you'll find in the heel of the boot for storage of the electrical power for later use to charge your mobile phone."

These thermocouples are connected electrically, forming an array of multiple thermocouples (thermopile). They are then sandwiched between two thin ceramic wafers. When the heat from the foot is applied on the top side of the ceramic wafer and

cold is applied on the opposite side, from the cold of the ground, electricity is generated.

After a full day's festival frolics music lovers can plug their phone into the power output at the top of the welly and use the energy generated throughout the day to charge their phone.

But the prototype boot does have one drawback. You need to walk for 12 hours in the boots to generate one hour's worth of charge.

Pain said GotWind was working on improving the technology, which could then



**GADGETS**

also be used in other forms of clothing. "The technology's not just limited to footwear, or indeed boots, but you could for example make clothing out of it, you know, a headband, for example.

So really anywhere where you're limited to using grid power, you could use this sort of technology," he said. — Reuters